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Reserve

YOUR NUTRITION COMMITTEE presents

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# Food Makes a Difference

"EAT LESS.....WASTE NONE.....SHARE FULLY"

in cooperation with

ANNOUNCER: FOOD MAKES A DIFFERENCE'.

MUSIC: THEME (10 seconds)

ANNOUNCER: Station \_\_\_\_\_ in cooperation with your (local, county) nutrition committee.....presents FOOD MAKES A DIFFERENCE, a weekly feature to help you feed your family wisely and well. Today, Mrs. \_\_\_\_\_, chairman of the nutrition committee, and I are asking you to plan for an extra dinner guest.

CHAIRMAN: A very hungry guest, too, let me add, \_\_\_\_\_. Yet one who asks for very little from our bountiful table....and one who would be no expense.

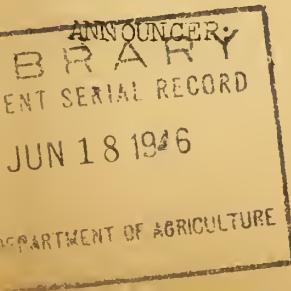
ANNOUNCER: For those who are wondering about this guest...We're asking you to help feed a war victim in Europe or the Far East.

CHAIRMAN: And though he might not be at your table in person, he looks to us for his daily bread. We must all help to hasten the day when there will be "freedom from want" everywhere in the world.

ANNOUNCER: President Truman has said that unless we can help fight famine, we may lose what we won on the battlefield.

CHAIRMAN: And we still have not won an enduring peace.

Partly because it's not easy to talk peace with people who have lost their homes, their factories, their railroads and the source of their food supply.



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CHAIRMAN: Homeless, cold and hungry...people are miserable. They're sick in mind and body. Both the present and the future look dark. We just can't expect to get far in settling international problems while a large proportion of the world is hungry.

ANNOUNCER: And not while those people know we are enjoying an abundance of food.

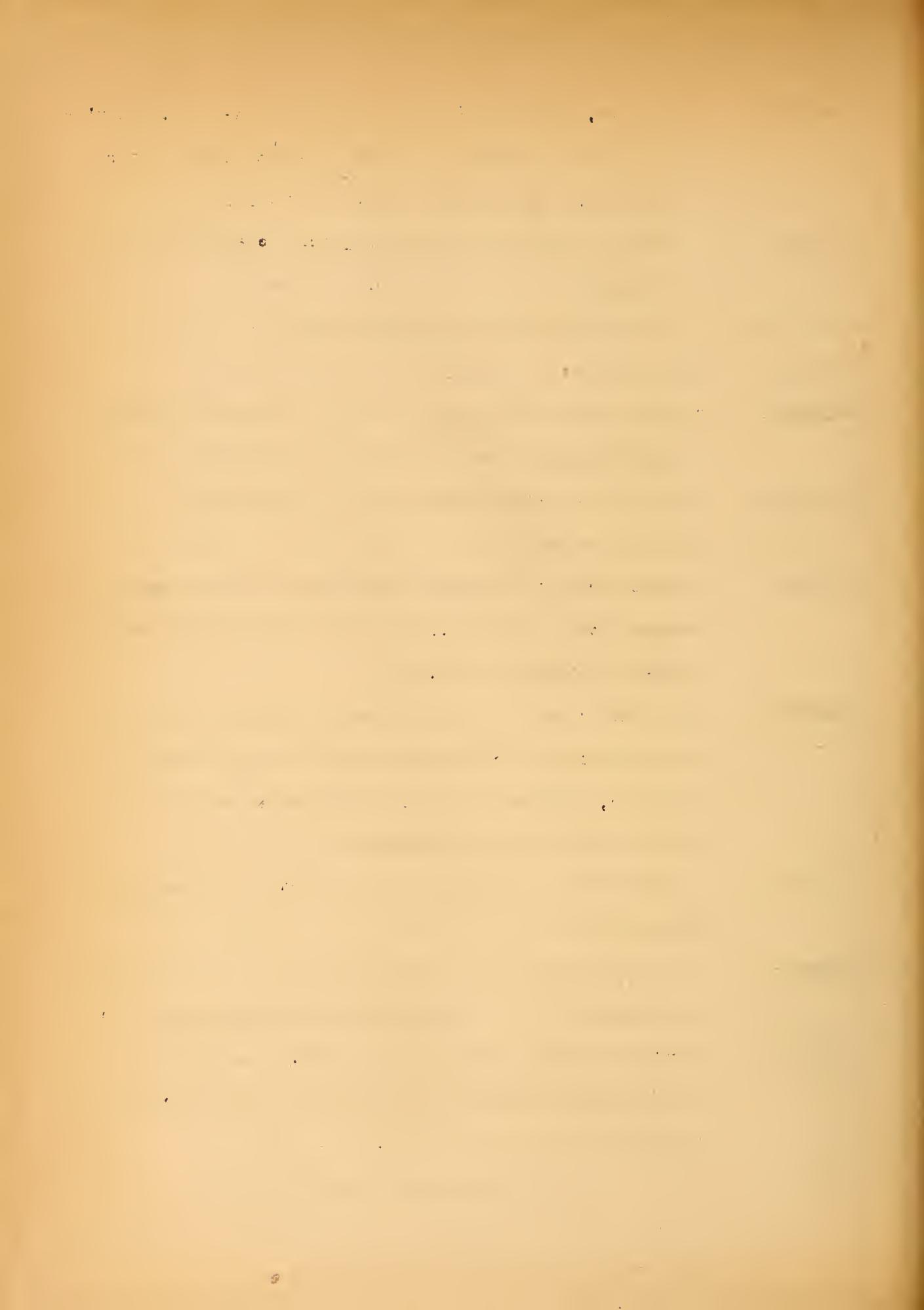
CHAIRMAN: Well, does it make sense for us to eat extravagantly and wastefully when more people in the world will be starving the next three months than at any time in history?

ANNOUNCER: If you're asking me why we can waste food without conscience, I'd say that perhaps many of us haven't heard ... or do not believe ... the descriptions of hunger brought home by fellow citizens.

CHAIRMAN: But all of us can't be eye witnesses ... Americans reporting on conditions abroad tell of the thin bodies and depressed, sick people in other countries. Do we all have to see famine before we'll help?

ANNOUNCER: No, not if we can really feel the need of these famine victims so keenly that we'll act in a humane way.

CHAIRMAN: That is undoubtedly what Herbert Hoover had in mind when he suggested that every American family imagine a starving person sitting at their dinner table. Surely, if we draw a vivid mental picture of this guest, we'll eat only what we need...and share our food.



ANNOUNCER: And particularly will we watch our use of wheat products and fats and oils.,, the two kinds of food so important for shipment ~~overseas~~.....

CHAIRMAN: And we must help now. Reserve stocks of food abroad have been largely used up during the winter months, and it will be a time before the new harvests are in.

ANNOUNCER: Just how are we coming along on our wheat exports?

CHAIRMAN: Our wheat quota for export the first three months of this year fell somewhat short of the amount we promised.

ANNOUNCER: That means a heavier strain on what we must send the coming three months.

CHAIRMAN: A heavy strain, yes, because our storage stocks of wheat are normally lower in this period of the year ... the time before the new wheat crop is harvested..

ANNOUNCER: Well, even though it won't be easy to meet the food quota that will stave off starvation abroad, Americans have always risen to a challenge. We have a challenge now to buy less wheat and flour for our personal use. If we buy with the needs of others in mind, it will help us to make many cuts along the way.

CHAIRMAN: We'll still have as much bread and cereals as we need when we cut down on our use. And we just must not waste any.

ANNOUNCER: So from now on we go easy on all products made from wheat ... rolls, biscuits, muffins, pancakes, waffles, crackers, macaroni and spaghetti..

CHAIRMAN: The list of foods using wheat is really quite long when you start considering it. There are also many breakfast cereals, and cakes, pies, doughnuts, and cookies.

and the first two forms of life appeared, the first was a single cell, the second a colony of cells, the third a plant, the fourth an animal, the fifth a man.

The first form of life was a single cell, which is the result of the union of two cells, the second a colony of cells, which is the result of the division of a single cell.

The third form of life is a plant, which is the result of the union of two cells, the fourth an animal, which is the result of the division of a single cell.

The fifth form of life is a man, which is the result of the union of two cells, the sixth a colony of cells, which is the result of the division of a single cell.

The seventh form of life is a plant, which is the result of the union of two cells, the eighth an animal, which is the result of the division of a single cell.

The ninth form of life is a man, which is the result of the union of two cells, the tenth a colony of cells, which is the result of the division of a single cell.

The eleventh form of life is a plant, which is the result of the union of two cells, the twelfth an animal, which is the result of the division of a single cell.

The thirteenth form of life is a man, which is the result of the union of two cells, the fourteenth a colony of cells, which is the result of the division of a single cell.

The fifteenth form of life is a plant, which is the result of the union of two cells, the sixteenth an animal, which is the result of the division of a single cell.

The seventeenth form of life is a man, which is the result of the union of two cells, the eighteenth a colony of cells, which is the result of the division of a single cell.

ANNOUNCER: And there are the breads and biscuits made of a mixture of wheat and some other cereal grain as cornmeal.

CHAIRMAN: Yes...we must go easy on them too.

ANNOUNCER: And we must remember that not only wheat but fats and oils are needed at this time.

CHAIRMAN: The Famine Emergency Committee headed by Herbert Hoover is asking us to cut down on our use of fats and oils by 20 percent. We can reach this goal if we go easy on table fats, lard, shortening, and salad oil and dressings.

ANNOUNCER: Well, so much for the general needs. But let's talk over some definite ways that will help us do our full share -in saving food.

CHAIRMAN: I think that first of all each of us should ask, "Am I eating more bread and wheat products, fats and foods made with fat, than I need?"

ANNOUNCER: The answer is most likely to be "Yes".

CHAIRMAN: Then we should cut down. Of course, rapidly growing, active boys and girls...and men and women engaged in heavy work...do need more of the fuel or energy foods.

ANNOUNCER: The so-called "fuel" or energy foods being bread and cereal and fats?

CHAIRMAN: That's right. And growing children and active adults need more of these foods than others in the family group.

ANNOUNCER: Then we can say that less of the "fuel" foods should be eaten by persons who tend to store fat and gain weight.

CHAIRMAN: Now's a wonderful time, all right, for overweight people in this country to take off a few excess pounds.

جامعة الملك عبد الله للعلوم والتقنية

ANNOUNCER: You mean that if overweight folks would think of the millions of people abroad starving, it would be quite self-satisfying to cast off a bit of extra weight.

CHAIRMAN: Of course, it would be to their own well-being also. And the wheat and fats...foods the overweight person can easily spare...are life-savers abroad.

ANNOUNCER: We might be starting a sensation here.

CHAIRMAN: Well there are certain cautions before starting a reducing-regime. No person under 20 years of age ... or a young mother ... should attempt to reduce except under a physician's guidance. In fact, any overweight person contemplating a reducing diet should first check with his doctor to see that he has no organic disturbance...such as heart disease.

ANNOUNCER: Well, so much for the campaign of eating less wheat and other cereal products and fats and oils at home. But what if we eat out...regularly or occasionally?

CHAIRMAN: Then we can help food managers who are cooperating by serving smaller amounts of these important foods. Most eating places are asking their customers to take one roll or one slice of bread or smaller servings of salad dressing or table fat so that the amount saved can be shipped abroad. However, if the customer so desires he can still claim and receive the same amount of these foods that was served during the period,...April 4th to 10,1943, the base period when meal prices were set by CPA.

ANNOUNCER: Seems that we can also cooperate with restaurant people and order items that fit into the conservation program.

1. The effect of different types of fertilizer on the yield of

potato tubers

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potato tubers

CHAIRMAN: And there are certainly other and more plentiful "fuel" foods that can take the place of wheat products.

ANNOUNCER: The potato is being named as the most likely candidate, these days.

CHAIRMAN: Yes, potatoes can be used in stuffings, potato salad can take the place of a sandwich. And mashed potatoes make a good topping for meat pies, and a good nest for poached or baked eggs. Also we can get some of the B vitamins found in wheat by eating fresh or canned peas, corn, or lima beans.

ANNOUNCER: And what about using other grains like cornmeal and oatmeal instead of flour for baking.

CHAIRMAN: In most sections of the country, oatmeal and cornmeal are not plentiful enough to allow for increased use. Cereal grains are pretty much interchangeable. And rice is short too. We need every possible ounce of rice we can spare to ship to countries of the Far East where rice is a major item of the diet...and will prevent starvation.

ANNOUNCER: I guess we can sum up our discussion as "Eat less...waste none...and share fully."

CHAIRMAN: And our help must come now.

ANNOUNCER: (Conclusion)

NOTE: THIS IS THE FINAL SCRIPT IN THE SERIES, "FOOD MAKES A DIFFERENCE".

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